

Whether it's your first child or your fourth, bringing home a new baby is an exciting time! It can also be a hectic time making sure you have everything you need...but it doesn't have to be. Follow our checklists to make sure you have everything ready to welcome your newest family member.

1. Preparing yourself

There's nothing quite like waking up one morning as a family of two and going to sleep that night as a family of three. Even though you've had plenty of time to prepare yourself for your new baby, there will be things that you did not think of ahead of time.

Let's talk visitors. Don't turn down offers of help but do ask for someone to create a schedule for visiting and helping. This can be a great job for dad or grandma or a close friend. Make sure people know that you need some time to adjust - not entertain. Your friends and family will respect your need for privacy and likely appreciate being told how and when they can truly help.

- Meal delivery schedule: People who want to cook for you will happily do so on the days when you'll need it most. It can be nice to spread out these meals beyond the first week or two.
- Visiting schedule: If mom and dad will both be home the first week, you may want to ask people to visit starting the week after. Having someone watch your baby while you take a nap or shower can be a gift all its own.

2. Preparing siblings

Your children are likely to pick up on your excitement but they will have a different understanding of what a new baby means based on their age. As your pregnancy moves along, try doing some of these activities with your children so they are prepared for their new baby brother or sister.

- Read books about new babies, there are some excellent story books focused on becoming a big brother or sister.
- Do something special for your older child after the new baby arrives - a gift or time with a favorite relative.
- Involve your child in age appropriate ways of helping with the new baby.
- Visit the American Academy of Pediatrics website: www.healthychildren.org. It has excellent resources to help you learn more about what to expect from siblings of different ages.



3. Preparing your home

Walk into the infant department of any store and you can easily be overwhelmed with the things available for purchase. Many of the things you'll see fall into the "nice to have" category instead of the "need to have." Other things will be needed as your baby grows older. So just what do you need to have in the baby's room when you bring her home from the hospital?

- Crib or bassinet
- Swaddling blankets
- Diapers
- Wipes
- Clothes
- Baby nail clippers
- Cotton balls and/or swabs
- Thermometer
- Bulb suction and saline drops
- Diaper cream
- Petroleum jelly
- Hand Sanitizers

4. Preparing to leave the hospital

You've diligently packed your hospital bag. Items you'll want for labor, comfortable clothes for after, dad's favorite snacks... what about the baby? While you're in the hospital, the hospital will provide clothing and necessary items. When it's time to go home, however, you'll need to have a few things on hand.

- Going-home outfit for baby
- Receiving blanket or car seat cover if the weather is cold
- Car seat
- Diaper bag to carry home supplies from the hospital



5. Preparing for outings

Soon you'll be ready to take your little one out and about. Whether it's running errands or visiting friends and family, make sure you have these things with you so you're ready for anything.

- Diapers and diapering supplies
- Anything needed for feeding: baby's schedules can be thrown out of balance easily so make sure you always have whatever you need to feed your baby on the go
- Change of clothing
- Baby carrier
- Stroller

6. Baby Check-Up Appointments

The American Academy of Pediatrics recommends the following visit schedule for screening and preventative health care

- 1 - 2 days after leaving hospital
- 7 - 10 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2 1/2 years
- Annually thereafter



Schedule a complimentary prenatal visit with one of our physicians.

Ask questions. Get Comfortable with our office. It's important to establish yourself with a pediatrician before your baby is born.

Call us today! 317-621-9000